



# 2016 Saturday Respite Program Dates

SESSIONS RUN EVERY OTHER WEEKEND

Last Edited 12/14/15

## Program Overview

The D.C. Office on Aging is happy to announce DCOA's Saturday Respite program dates for 2016! This program gives a 4 hour break every other week for caregivers of individuals with Alzheimer's disease, and related disorders. Participants engage in interactive and stimulating activities with other participants, and enjoy time being socially engaged. Please see scheduled program dates, program site and contact information, and hours of operation.

## Program Operation Dates (every other week):

January 2nd 2015	April 30th 2015
January 9th 2015	May 14th 2015
January 23rd 2015	May 28th 2015
February 6th 2015	June 11th 2015
February 20th 2015	June 25th 2015
March 5th 2015	July 9th 2015
March 19th 2015	July 23rd 2015
March 26th 2015	August 6th 2015
April 2nd 2015	August 20th 2015
April 16th 2015	September 3rd 2015
	September 17th 2015

## Program Coordinators:

### Katrina Dale

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### Aisha Bailey

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Phone: (202) 341-5883

## LOCATION AND TIME:

### WASHINGTON SENIOR WELLNESS CENTER

3001 ALABAMA AVENUE, SE  
WASHINGTON, DC 20020

**RESPITE PROGRAM: 10AM - 2PM**

## ENROLLMENT ELIGIBILITY:

- ◆ AGE 60 YEARS OR OLDER
- ◆ LOW TO MODERATE INCOME
- ◆ HAS MILD TO MODERATE DE-MENTIA AND/OR MEMORY LOSS
- ◆ D.C. RESIDENT (PRIORITY GIVEN TO THOSE IN WARDS 7 & 8)
- ◆ NEEDS MINIMAL ASSISTANCE WITH PROMPTING AND/OR CUEING

If you have any questions or to make a referral, you may also contact **DCOA's Aging and Disability Resource Center's Information Referral and Assistance Unit at: (202) 724-5626.** We look forward to hearing from you!

